

***Previous to Steps (2003) county specific data was unavailable.**

How Healthy Are We?

Community Report Card (Chelan and Douglas County) PREVALENCE OF OBESITY AND OVERWEIGHT, NUTRITION, AND PHYSICAL ACTIVITY

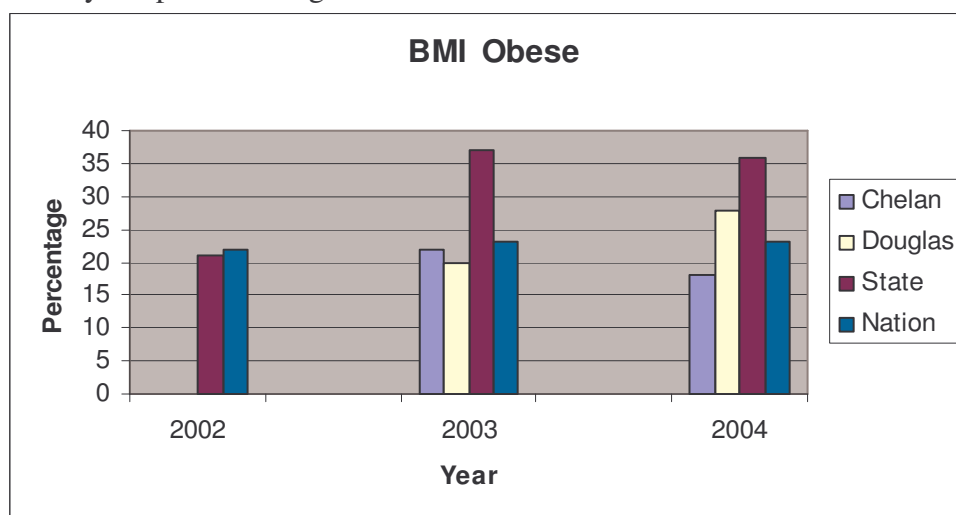
Obesity increases the risk of developing many diseases including Type 2 diabetes, hypertension (high blood pressure), and heart disease. These three diseases are among the leading causes of premature death in the United States.¹

Prevalence of Obesity and Overweight - Adults

Obesity among adults is defined using a measure of weight in relation to height known as the Body Mass Index (BMI). The BMI is used to determine whether an adult, male or female, falls into a broad range considered to be underweight, healthy weight, overweight, or obese.

BMI Category	
below 18.5	Underweight
18.5-24.9	Healthy Weight
25-29.9	Overweight
30 or over	Obese

The prevalence of obesity among adults in Washington has risen dramatically in recent years. In 2002, one out of five (20 %) adults was obese. By 2004, obesity increased to more than one out of three (36%)² in Washington State. Chelan (18%)² and Douglas County (28%)² are above the national Healthy People 2010 target³ of no more than 15 % of adults to be obese.

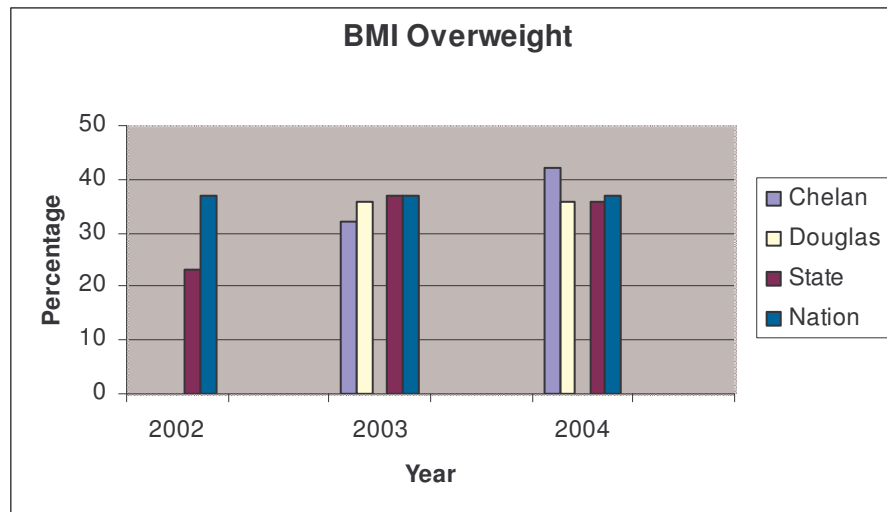


*Body Mass Index (BMI) \geq 30 obese.

Source: Chelan and Douglas County, Washington State and United States, BRFSS.

Overweight and obesity varies by gender. While the obesity rate has risen among Chelan and Douglas County adult women, more women report healthy weight than men. Half of Chelan and Douglas County adult women (49%) reported healthy weight, while less than one third of Chelan and Douglas County adult men (31%) reported BMI in the healthy weight range in 2004².

Overweight, a predecessor to obesity, has also increased in Chelan and Douglas County, Washington State and the nation. In 2003, 32% of Chelan County adults and 36% of Douglas County adults were overweight compared with the state rate of 37%² and the nation¹.



By 2004, three out of five adults (60%) in Chelan and Douglas County were either overweight or obese². The Healthy People 2010 goal for being a healthy weight is 60%³

1. U.S. Department of Health and Human Services. (2001). *The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*. Rockville, Maryland: Public Health Service, Office of the Surgeon General.
2. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator.
3. U.S. Department of Health and Human Services. (January 2000). *Healthy People 2010*. (Conference Edition, in Two Volumes). Washington, DC: U.S. Government Printing Office.
4. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>.

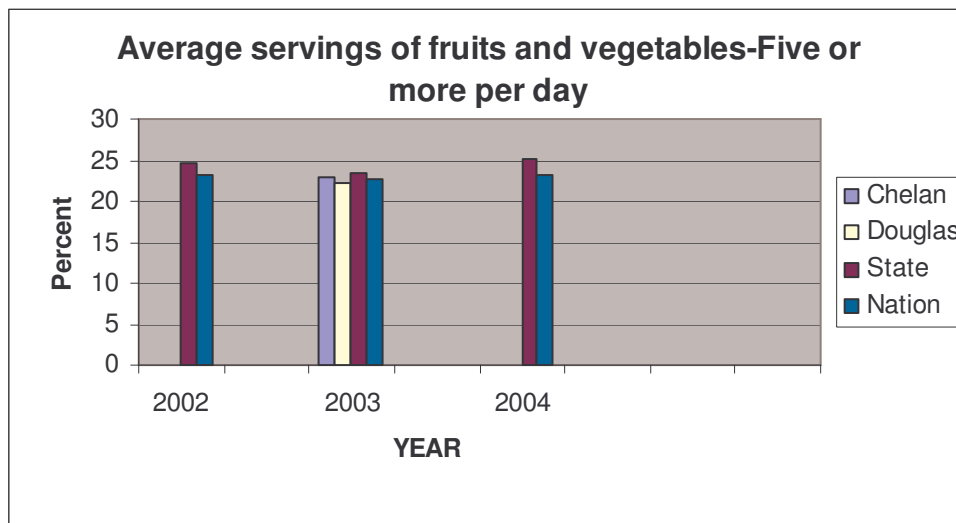
CHELAN AND DOUGLAS COUNTY ADULTS RISK FACTORS OF NUTRITION

Poor nutrition is a risk factor for obesity and a number of chronic diseases, such as diabetes. Vegetables and fruit are one of the basic food groups necessary for good nutrition. The national recommendation is eating between five and nine servings of vegetables and fruit per day.¹

Risk Factors – Adults

Nine servings of vegetables and fruit per day is recommended for active men and seven servings per day for active women.¹

One out of five adults (23%) reported consuming five daily servings of vegetables and fruit in Chelan and Douglas County in 2003², compared to 23% in Washington State and the nation³.



* question not asked in 2002 and 2004

References:

1. National Cancer Institute's 5 to 9 A Day for Better Health Program Website. *Why fruits and Vegetables, Different Bodies Different Needs*. Retrieved January 2007. <http://www.5aday.gov/why/needs.html>
2. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator.
3. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved January 2007 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>.

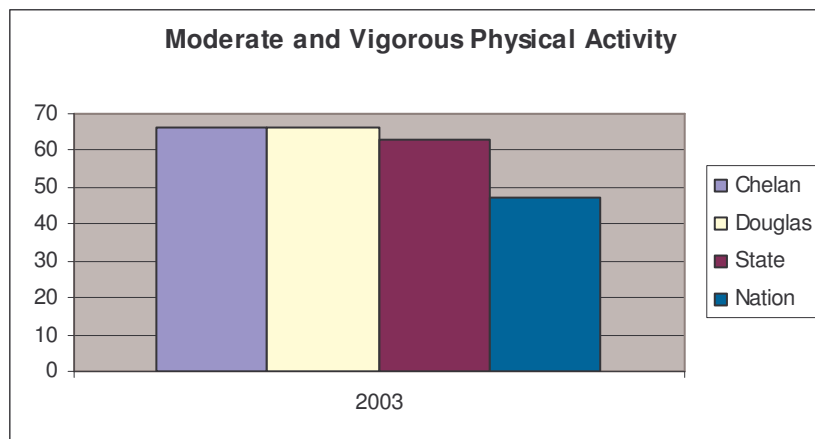
RISK FACTORS OF PHYSICAL ACTIVITY

Physical inactivity is associated with obesity, increased chronic diseases such as diabetes and coronary heart disease, and increased health care costs.¹

Physical Activity - Adults

Adequate physical activity among adults is defined as having 30 minutes or more at least five days per week of moderate activity or 20 minutes or more at least three days per week of vigorous activity.² Moderate physical activity causes small increases in breathing or heart rate. Vigorous physical activity causes large increases in breathing or heart rate. In 2003 66 % of the adults in Chelan and Douglas County and Washington State³ met the physical activity recommendations as defined above, compared with the national rate⁴ of 47%.

The Healthy People 2010 target is 70% of adults will meet the guidelines of moderate or vigorous activity.²



References:

1. Anderson LH, Martinson BC, Crain AL, et al. *Health Care Charges Associated With Physical Inactivity, Overweight, and Obesity*. Preventing Chronic Disease. Vol. 2 No. 4, October 2005.
2. U.S. Department of Health and Human Services. (January 2000). *Healthy people 2010*. (Conference Edition, in Two Volumes). Washington, DC: U.S. Government Printing Office.
3. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator. (2005). [unpublished data].
4. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>

For further information please contact Judy Preston, Steps Evaluator, Chelan Douglas Health District, (509) 886-6481. This is the first of four community report cards. Next will be Asthma and Environmental Tobacco Smoke/Tobacco Use.

